

**Amendments to the Claims:**

This Listing of Claims will replace all prior versions, and listings, of claims in the Application:

**Listing of Claims:**

1. (Previously Presented) A sun visor for a vehicle interior, comprising: a body having a flat side that is movable from a non-used position to an anti-glare position and which can be pivoted from a first frontal anti-glare position to a second lateral anti-glare position, wherein the body is guided by a guide device in such a manner that in the first anti-glare position and the second anti-glare position the same flat side of the body faces the vehicle interior.
2. (Withdrawn) The sun visor of claim 1, wherein the body is guided pivotably from the first to the second anti-glare position via a rail guide which is arranged on a roof lining of the vehicle interior and via an articulated arm rotatably coupled to the roof lining and the body.
3. (Withdrawn) The sun visor of claim 2, wherein the articulated arm comprises two bent arms portions that are configured to be rotated in relation to each other about a substantially horizontal axis of rotation.
4. (Withdrawn) The sun visor of claim 3, wherein the two bent arms portions further comprise two limbs portions which can be inserted rotatably one inside the other.
5. (Withdrawn) The sun visor of claim 3 wherein one of the bent arm portions is mounted rotatably about a substantially vertical first axis of rotation in the roof lining, and the other of the bent arm portions is mounted rotatably about a second vertical axis of rotation in the body which is offset substantially parallel to the first vertical axis of rotation.
6. (Withdrawn) The sun visor of claim 2, wherein the articulated arm can be latched releasably by a latching device to the body situated in the first, frontal anti-glare position.

7. (Withdrawn) The sun visor of claim 2 wherein the rail guide comprises a guide rail fastened to the roof lining and arranged horizontally and a slider which is fastened to the body.

8. (Withdrawn) The sun visor of claim 7, wherein the slider comprises a bent arm piece which is rotatable about an axis of rotation which is substantially vertical with respect to the guide rail.

9. (Withdrawn) The sun visor of claim 8, wherein the body is movable from the non-used position to the frontal anti-glare position about a substantially horizontal portion of the bent arm piece.

10. (Withdrawn) The sun visor of claim 9, wherein the bent arm piece and the articulated arm are in operative connection in such a manner that the body can only be moved from the non-used position to one of the anti-glare positions if a substantially horizontal section of each bent arm portion of the articulated arm and the horizontal portion of the bent arm piece are aligned with one another.

11. (Withdrawn) The sun visor of claim 2, further comprising a locking device disposed proximate the horizontal portion of the bent arm piece and configured to releasably retain the body in the non-used position.

12. (Previously Presented) The sun visor of claim 1, wherein the body is guided pivotably from the first frontal anti-glare position to the second lateral anti-glare position by a pair of articulated arms forming a four bar linkage, with axes of rotation substantially vertical with respect to the roof lining.

13. (Previously Presented) The sun visor of claim 12, wherein the pair of articulated arms are mounted rotatably in an articulated block so that the body can be moved about a substantially horizontal spindle piece from the non-used position one of the anti-glare positions.

14. (Previously Presented) The sun visor of claim 13, further comprising a locking device disposed proximate the horizontal spindle piece and configured to releasably retain the body in the non-used position.

15. (Previously Presented) The sun visor of claim 12 wherein the articulated arms are in contact in at least one of the first and second anti-glare position so as to form an end stop.

16. (Previously Presented) The sun visor of claim 15, further comprising a latching device acting between the articulated arms proximate the end stop.

17. (Previously Presented) The sun visor of claim 12, wherein at least one joint of the four bar linkage is configured as an over-center device to lock the body in at least one of the first and second anti-glare position.

18. (Withdrawn) A sun visor for a vehicle, comprising:

a body portion;

a first arm member having a first portion configured for rotatably coupling to the vehicle about a first axis and a second portion rotatably coupled to the body about a second axis, the first portion and the second portion coupled together for rotation about a third axis;

a second arm member having a first end configured for rotatably coupling to the vehicle about a fourth axis and having a second end rotatably coupled to the body about a fifth axis;

so that the body is movable between a nonuse position substantially along a roof lining of the vehicle and a plurality of use positions between a windshield and a side window of the vehicle.

19. (Withdrawn) The sun visor of claim 18, wherein the first axis and the second axis and the fourth axis are substantially parallel.

20. (Withdrawn) The sun visor of claim 18, wherein the third axis and the fifth axis share a substantially common axis.

21. (Withdrawn) The sun visor of claim 18, wherein the first end of the second arm member is coupled to a guide rail for translational and rotational movement along the guide rail to position the body in at least one of the plurality of use positions.
22. (Previously Presented) A sun visor for a vehicle, comprising:
  - a body panel;
  - a first block configured to couple to the vehicle;
  - a second block configured to couple to the body panel;
  - a first linkage rotatably coupled to the first block and the second block;
  - a second linkage rotatably coupled to the first block and the second block;
  - so that the first block and the second block and the first linkage and the second linkage are configured as a four bar linkage for movement of the body panel between a nonuse position substantially along a roof lining of the vehicle and a plurality of use positions between a windshield and a side window of the vehicle.
23. (Previously Presented) The sun visor of claim 22, wherein the second block further comprises a spindle for movement of the body panel about a substantially horizontal axis.
24. (Previously Presented) The sun visor of claim 22, wherein first and second ends of the first linkage and the second linkage are rotatable about substantially vertical axes.
25. (Previously Presented) The sun visor of claim 22, wherein the first linkage and the second linkage are configured as an over-center device.
26. (New) A visor for a vehicle, comprising:
  - a visor body;
  - a spindle coupled to the visor body;
  - a first block coupled to the spindle;
  - a second block configured for attachment to the vehicle;
  - at least one arm having a first end pivotally coupled to the first block and a second end pivotally coupled to the second block.

27. (New) The visor of Claim 26 wherein the at least one arm comprises a pair of arms.

28. (New) The visor of Claim 27 wherein the pair of arms and the first block and the second block are operable to form a four bar linkage.

29. (New) The visor of Claim 28 wherein the four bar linkage is movable to position the visor body in a plurality of positions between a lateral position and a frontal position.

30. (New) The visor of Claim 29 wherein the four bar linkage is arranged to include an over-center point proximate at least one of the lateral position and the frontal position.

31. (New) The visor of Claim 29 wherein the four bar linkage is arranged with end stops to prevent movement of the visor body substantially beyond the lateral position and the frontal position.

32. (New) The visor of Claim 26 wherein the first block is pivotally coupled to the spindle.

33. (New) The visor of Claim 28 wherein the first block further comprises a spring member engagable with the spindle to retain the visor body in a predetermined position.